**Get on a Sleep Schedule**

*Avoid taking long naps*

*Make sleep a priority!*

*Try to get to bed before you’re drowsy!*

*Expose yourself to bright light in the morning*

*Wake up at the same time every morning, including weekends*

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**Follow a Bedtime Routine**

*Turn off electronics and put your phone on airplane mode*

*Start relaxing about 1 hour before bedtime*

*To calm your mind, write a to-do list or journal your thoughts*

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**Create a Sleep Environment**

*Get a comfortable pillow and bedding*

*Use earplugs to reduce distracting noise*

*Wear a sleep mask to block out excess light*

*Find a good temperature that feels good to you*

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**Create good Sleep Habits**

*Avoid caffeine within 4-6 hours before bedtime*

*Limit alcohol use, especially 2-3 hours before bed*

*Avoid heavy meals right before bed. A light snack is always OK*
Be a Sleep
Create a Sleep Environment

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